



MARIJUANA AND THE DEVELOPING BRAIN

WRECKING YOUNG MINDS, ONE HIT AT A TIME

MARIJUANA AND SUCCESS DON'T MIX.

Marijuana affects brain development. Young minds are especially susceptible to the harmful effects of marijuana because the brain is undergoing many changes as it matures. Although scientists are still learning about the effects of marijuana on the teen brain, studies suggest that exposure to the drug could be linked to a number of cognitive and behavioral issues.

WHAT ARE THE EFFECTS?

Using marijuana before age 18 may affect how the brain builds connections and affects brain function.

Attention: Negative effects can be long-lasting or even permanent

Memory: Issues may persist for weeks

Problem-solving: Marijuana makes it harder to process information

Mental health: Linked to depression, social anxiety, and suicidal thoughts

WHO'S AT RISK?

Any teen who uses marijuana is at risk of suffering brain damage, but the full impact depends on many factors, including: the amount of THC in the marijuana, frequency of use, and age of first use. Long-term impacts on the brain may also be caused by other factors, such as genetics, the home environment, and additional factors that have yet to be studied.





**30.7%
OF 12TH
GRADERS
REPORTED
USING
MARIJUANA
IN THE PAST
YEAR**

HOW TO MINIMIZE RISK

- Understand the consequences of using
- Get support from peers, family, and community
- Participate in activities like sports, drama, or volunteering
- Find help dealing with trauma
- Create an environment where drug use is discouraged

HOW TO HELP

The best way to avoid the negative impacts of THC on the young brain is to avoid using. The first step is talking and learning about the risk of using marijuana and what it can do to a developing brain. If use is an issue, There are many places to get help, including:

**National Helpline: 1-800-662-HELP (4357)
or www.findtreatment.gov**

**MARIJUANA'S EFFECTS ON THE
BRAIN MAY BE PERMANENT.**